

TIC TAC TOE-BASKET / TIC TAC TOE PYRAMID

This fast paced activity is great for practicing basketball shooting skills, team work and to learn the tic-tac-toe game.

Facilities:

Two basketball hoops

Draw a big tic-tac-toe board (about 4ft per side each square)

Equipment:

3-4 basketballs per team

Number of participants:

5-8 per team

How to play it:

Teams line up in front of the basketball hoop. The Tic-tac-toe board is drawn at the center of the basketball court. One team will be the "X's" and another the "O's". The "X's" will hold their arms open wide over their head, while the "O's" will hold their arms forming a circle over their head. Students take turns shooting baskets. When they make a basket, the student runs to take a spot in the TIC TAC TOE board using the "x" or "o" position. When either of the teams completes a line (as in a tic-tac-toe game), everybody returns to their team and continue playing. Once a student has chosen a square, he/she is not allowed to change squares.

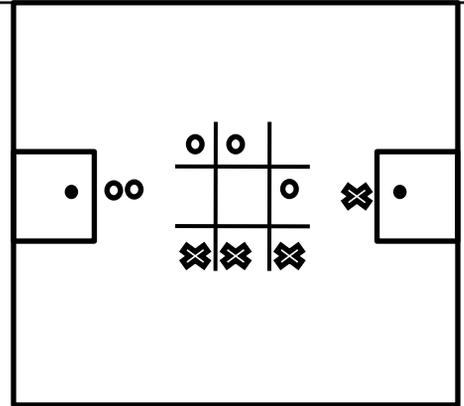
Alternatives

TIC TAC TOE PYRAMID: Place a pile of 6 buckets for each team at the center of the court. When a student scores a basket, runs to the center, picks up a bucket and puts the first one for a 6-bucket pyramid. The team that first completes a pyramid wins / start over.

Require a specific form of locomotion to go to the tic-tac-toe board

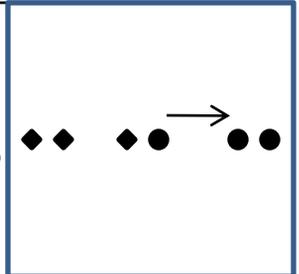
Require a specific shooting technique

Require a specific shooting distance



Rock/paper/scissors/Tag!!!

Make teams of 5-6 players. Each team makes a line in front of another team. The first players come to the center, play R/P/S. The winner chases the loser. If loser is tagged, he/she must go to the other team. The next players come to play. When a team has no more participants, the game is over and they can re-start.



Mosquito, bears, salmon: *(I learned this one in a Project Adventure workshop)*

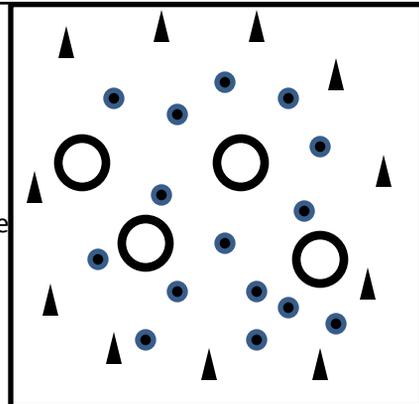
Teams (5-30 players) huddle to decide if they will be mosquitoes, bears, or salmon (Mosquitoes sting bears/bears eat salmon/salmon eat mosquitoes). They then stand facing each other on a line about 3-4 feet apart. On the count of 3 they show their animal (mosquitoes: hold nose with one hand and extend the other in front buzzing / bears: raise both claws up in the air while growling / salmon: hands together in front, waving them like a fish, making fish noises). When they realize who gets who, they must run and try to tag the opposite team's players, bringing them to their group. Let them know they should not get too attached to their teams as teams will change after each play. The game is over when one team has run out of players.



MAKE IT TAKE IT!

Tossing-throwing skills, locomotion skills, math and spelling skills.

- Spread numbered polyspots and 5-6 hoops in a basketball court. Students are paired up behind cones. Each pair has one bean bag.
- Students must walk/hop/skip, etc. to a polyspot and from there toss/throw/slide the bean bag trying to score inside the hoop. If they make it, they take the polyspot, retrieve their bean bag and go back to the cone to give the bean bag to the partner. Play until all spots are gone!
- At the end, add, multiply, subtract, divide their numbers. See which team has the most polyspots, higher totals, more odd or even numbers, a multiple of a specific number, etc.
- *Variation 1:* Raffle ("Who has a multiple of 7?" – the group that has it gets to pick up the polyspots from the others and spread them around the court. Students love this part!).
- *Variation 2:* write a letter behind each polyspot. At the end, have students write the longest word/ the most amount of words with the letters retrieved, or a word from the current spelling list for the class.



PRE-PACKAGED WARM-UPS and FUN DANCE/RHYTHM ACTIVITIES

Song: The Lion Sleeps Tonight

(When you hear "the lion sleeps tonight" jump and make full turn)

Wee-iiii-... mammawae... - Stretch as high as you can

A-win-ma-wae – Jumping Jacks

In the Jungle... - push-ups

In the village... - sit-ups

Clarinet solo – bicycle kicks

Hush my darling - lunges

Wee-iiii-... mammawae – stretch touching toes

5,6,7,8: Students stand beside a partner.

1,2,3, clap forward / 1,2,3, clap back (repeat 2 times)

Jumping jacks 1,2,3, clap (repeat 2 times)

Turn to right – clap / turn to left – clap

Pairs 1: hold hands and walk in circles

Pairs 2: hook elbows and walk in circles

Pairs 3: hold one hand up high and walk in circles

Pairs 4: Hold hands up high and go over-under any

other pair. **GREAT FOR K-2**

Song: Stomp and Clap (Learning Station – Physical Ed)

Stomp-stomp-clap ... stomp your foot and clap your hands to the beat

Mary Mary quite contrary... DANCING STEPS: 1,2,3,4 steps forward-clap, 1,2,3,4 steps back-clap – 1,2,3,4 skipping forward, 1,2,3,4 skipping backward – 1,2,3,4 grapevine right, 1,2,3,4 grapevine left – 1,2,3,4 grapevine right with turn, 1,2,3,4 grapevine left with turn.

Put your hands down by your side... face partner, clap, high 5 opposite hands, repeat.

Eenie-meenie-.... DANCING STEPS

Put your hands down by your side... face partner, clap, high 5 opposite hands, while walking in circles around each other, repeat

Jack & Jill went up the hill... DANCING STEPS

Put your hands down by your side... back to back, turn to one side and clap opposite hands, repeat to the other side.

Mary had a little lamb... DANCING STEPS

Put your hands down by your side... Over under: partners hold both hands up high and move around weaving under or over other pairs (organized chaos!!!)

ALTERNATIVE VERSION FOR K-1: Have children stand in a circle. Stomp and clap (same as above), then hold hands and take 4 steps forward, 4 steps back (4 sets), walk in circle holding hands until the next Stomp-clap. Great for learning basic rhythm, and following instructions. My kids love it!

INDEPENDENT GROUP WORK: This type of station work promotes leadership, student responsibility and owning the effort in class. The teacher can go around checking and giving feedback. Great class activity to review already taught skills, and include fitness activities.

- Make groups of 3-4 students.
- Select a **team leader** (oldest, youngest, longest first name, longest hair, shortest hair, intermediate height, etc.) Give each team leader a task card and tell leaders to walk around the stations to locate them and get an idea of what they are.
- All task cards are similar, except they have a mark by one of the stations. This is the station in which the group must begin working.
- When the leaders are back, groups begin going from station to station, completing all tasks.
- **ALTERNATIVE:** For younger students, make teams and have them go from station to station following the teacher stop/go signals.

TASK CARD

1. Push-ups on chair (10)
2. Bounce – shoot baskets (10)
3. Fancy Dribble (30)
4. Jog one lap
5. Sit-Reach 30 seconds
6. Monkey in the middle (10 passes)
7. Dribble w/Preferred Hand (30)
8. Upstack and downstack buckets (2 times)

Sit & Reach



Push-ups on Bench



Dribble w/Preferred Hand



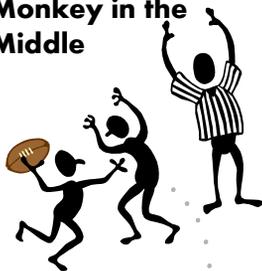
Fancy Dribble



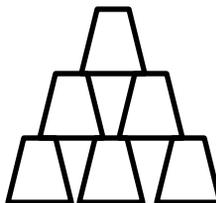
Jog One Lap



Monkey in the Middle



Upstack/Downstack



Bounce – shoot baskets

